



# NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

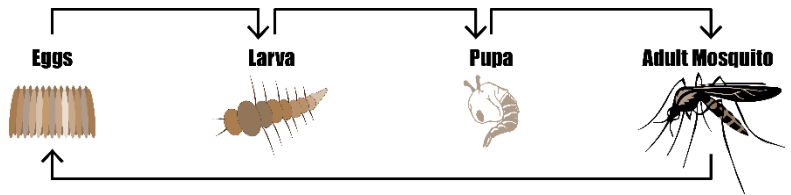
## PREVENTION AND PROTECTION START HERE

## April Showers Bring May Flowers...and Mosquitoes

May brings the beginning of mosquito season in many locations making it a great time to revisit your mosquito bite and disease prevention plans. Mosquitoes are not only a nuisance but can also be a public health threat. [West Nile virus](#), [Zika virus](#) and [malaria](#) are a few of the well-known diseases transmitted by mosquitoes and there are many more illnesses spread by these blood-seeking insects. Check out the rest of this Quick Hit to learn what you need to know about mosquitoes, bite prevention and where to go for more information.

### Mosquito Life

- [Female mosquitoes](#) can lay hundreds of eggs in their lifetime and deposit them in or near standing water sources such as containers, tires, drains, ditches, tree holes and just about any object or area that holds water.
- Mosquitoes live in these various water sources as larvae and pupae. If standing water remains in these locations for several days, adult mosquitoes can form, becoming pests and capable of transmitting diseases.
- Female mosquitoes seek blood as meals for egg development and typically bite during dawn and dusk. However, some species, such as those that transmit [chikungunya](#), [dengue](#) and Zika viruses can bite during daytime hours, especially in shaded residential areas.



### Protect Yourself and Your Family

While installation preventive medicine/facilities personal and regional health departments/mosquito control agencies conduct surveillance and control of mosquito populations, most [mosquito bite prevention](#) plans begin with the individual and at home.

- Apply [Environmental Protection Agency \(EPA\) registered](#) insect repellents to exposed skin at times when mosquitoes are actively biting.
- If you must be outdoors during peak biting activity, be sure to properly wear [permethrin treated uniforms](#) and clothing, and use insecticide treated bed nets when mosquitoes are, or could be, present.
- Patch any holes or tears in screens on windows and doors to prevent mosquitoes from getting inside.
- At least once a week empty, cover, and/or discard standing water in planters, toys, birdbaths and other areas that can hold standing water.
- Ensure septic tanks are free of cracks or gaps, and cover open vents or plumbing pipes to prevent mosquitoes from breeding in them.



U.S. Marine Corps photo by  
Gunnery Sgt. Andrew Pendrack

### Additional Resources

Additional information on mosquitoes, bite prevention, and mosquito-borne diseases:

- [Navy and Marine Corps Public Health Center \(NMCPHC\) homepage](#)
- [Navy Entomology Center of Excellence \(NECE\) homepage](#)
- [Is your uniform protecting you?](#)
- [Armed Forces Pest Management Board](#)
- [Center for Disease Control and Prevention – Prevent Mosquito Bite](#)